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If $a, b, c > 0, a + b + c = \frac{1}{a} + \frac{1}{b} + \frac{1}{c}$ and $\lambda \geq 2$ then :

$$\sum_{cyc} \frac{1}{a^2 + \lambda} \leq \frac{3}{\lambda + 1}$$

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$$\sum_{cyc} \frac{1}{a^2 + \lambda} = \frac{\sum_{cyc} a^2 b^2 + 2\lambda \sum_{cyc} a^2 + 3\lambda^2}{a^2 b^2 c^2 + \lambda \sum_{cyc} a^2 b^2 + \lambda^2 \sum_{cyc} a^2 + \lambda^3} \stackrel{?}{\leq} \frac{3}{\lambda + 1}$$

$$\Leftrightarrow (2\lambda - 1) \sum_{cyc} a^2 b^2 + (\lambda^2 - 2\lambda) \sum_{cyc} a^2 + 3a^2 b^2 c^2 \stackrel{?}{\geq} 3\lambda^2$$

$$\Leftrightarrow \lambda^2 \left(\sum_{cyc} a^2 - 3 \right) + 2\lambda \left(\sum_{cyc} a^2 b^2 - \sum_{cyc} a^2 \right) \boxed{\stackrel{?}{\geq}} \sum_{cyc} a^2 b^2 - 3a^2 b^2 c^2$$

Now, $\sum_{cyc} ab = abc \sum_{cyc} a \leq \frac{1}{3} \left(\sum_{cyc} ab \right)^2 \Rightarrow \sum_{cyc} ab \stackrel{\textcircled{1}}{\geq} 3 \Rightarrow \left(\sum_{cyc} a \right)^2 \geq 9$

$$\Rightarrow \sum_{cyc} a^2 \geq \frac{1}{3} \left(\sum_{cyc} a \right)^2 \geq 3 \text{ and so, } \lambda^2 \left(\sum_{cyc} a^2 - 3 \right) + 2\lambda \left(\sum_{cyc} a^2 b^2 - \sum_{cyc} a^2 \right)$$

$$\stackrel{\lambda \geq 2}{\geq} 2\lambda \left(\sum_{cyc} a^2 - 3 + \sum_{cyc} a^2 b^2 - \sum_{cyc} a^2 \right) \stackrel{\lambda \geq 2}{\geq} 4 \left(\sum_{cyc} a^2 b^2 - 3 \right)$$

$$\left(\because \sum_{cyc} a^2 b^2 \geq \frac{1}{3} \left(\sum_{cyc} ab \right)^2 \stackrel{\text{via } \textcircled{1}}{\geq} 3 \right) \text{ and so, in order to prove } (*),$$

it suffices to prove : $\sum_{cyc} a^2 b^2 + a^2 b^2 c^2 \boxed{\stackrel{?}{\geq}} 4$

Case 1 $abc \leq 1$ and then : $\sum_{cyc} a^2 b^2 + a^2 b^2 c^2 \stackrel{\text{Darij Grinberg}}{\geq} 4$

$$2abc \sum_{cyc} a - 1 - a^2 b^2 c^2 \stackrel{abc \leq 1}{\geq} 2 \sum_{cyc} ab - 2 \left(\because abc \sum_{cyc} a = \sum_{cyc} ab \right) \stackrel{\text{via } \textcircled{1}}{\geq} 6 - 2$$

$= 4 \Rightarrow (**)$ is true

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Case 2 $abc > 1$ and then : $\sum_{\text{cyc}} a^2b^2 + a^2b^2c^2 \stackrel{abc > 1}{>} \frac{1}{3} \left(\sum_{\text{cyc}} ab \right)^2 + 1 \stackrel{\text{via } \textcircled{1}}{\geq} 3 + 1$

$= 4 \Rightarrow (**)$ is true \therefore combining both cases, $(**) \Rightarrow (*)$ is true $\therefore \sum_{\text{cyc}} \frac{1}{a^2 + \lambda} \leq \frac{3}{\lambda + 1}$

$\forall a, b, c > 0 \mid a + b + c = \frac{1}{a} + \frac{1}{b} + \frac{1}{c}$ and $\lambda \geq 2$, " = " iff $a = b = c = 1$ (QED)